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metro HEALTH MIND & BODY
Wednesday, May 28, 2014

Canadian shows Cannes-do spirit at film festival

Montreal-born filmmaker Xavier Dolan pleases jury PAGE 13

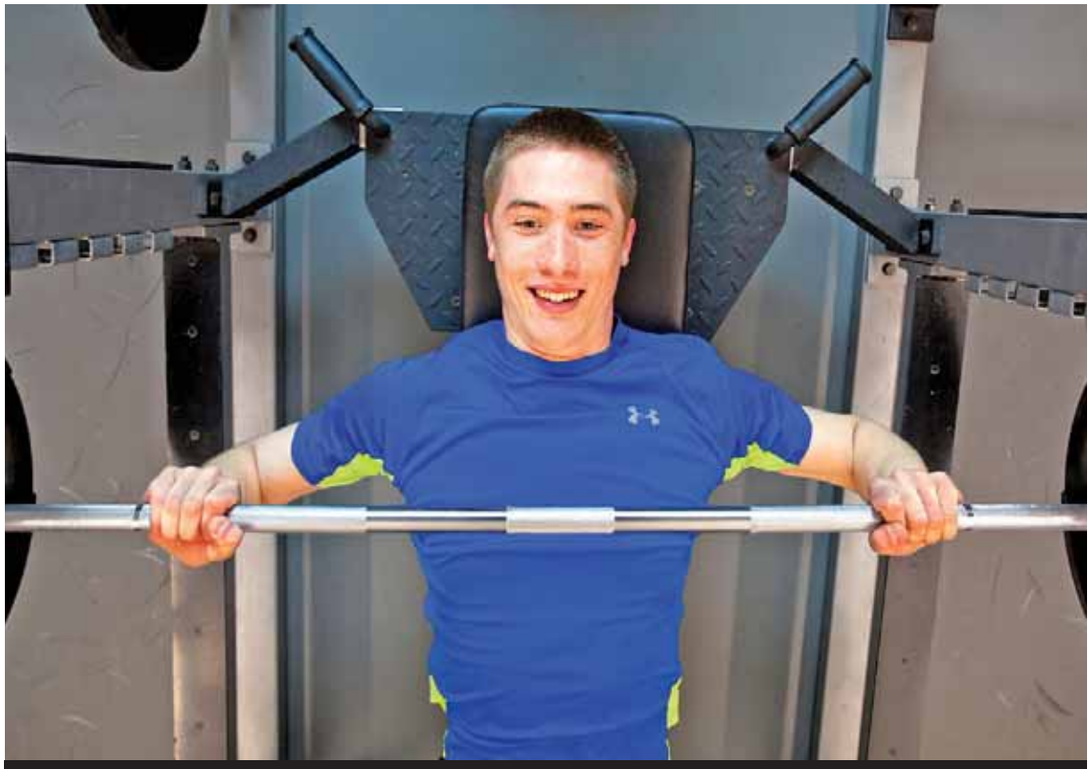
Candy tycoon set to become Ukraine's leader

Poroshenko got 55.9% of vote, exit polls suggest PAGE 8

PASSENGERS HELP CABBIE WRITE HIS BOOK OF LOVE

HALIFAX DRIVER WANTS YOUR POSITIVE MESSAGES PAGE 3





PRESSING TOWARD DRAFT DAY

Goaltender Mason McDonald lifts some weights while training for the NHL combine at the Canada Games Centre last week. McDonald, from Halifax, is heading to Toronto on Monday for the combine, and to be interviewed by teams for the NHL draft, which takes place next month in Philadelphia. Story, page 20. JEFF HARPER/METRO

Local cyclists to ride for fallen teacher

Johanna Dean, 30.
Group unites after Wednesday crash



GEORDON OMAND
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A cycling group in Halifax will hold a memorial ride this week to honour a woman killed in a fatal collision last Wednesday in Dartmouth.

Johanna Dean, a 30-year-old teacher at St. Catherine's Elementary School, was cycling north along Windmill Road shortly before 3 p.m. when she was struck by a delivery truck turning right onto Albro Road.

The Halifax Cycling Coalition is inviting community members to meet at the Dartmouth Sportsplex at 5 p.m. this Wednesday to ride along Windmill Road to the collision site.

"The big importance is to highlight the collision that occurred and to show that the cycling community is still strong and still willing to ride," said the group's co-chair Ben Wedge.

"(It also serves) to raise some awareness around the need for more safe cycling infrastructure."

According to Wedge, the group plans on installing a ghost bike memorial at the intersection.

"A ghost bike is a bike that's painted white and left at the scene of an accident … (with) the name of the person who was killed and a little message."

Wedge urged people to consider the cycling situation in Halifax in a broader context.

"There are issues on our roads, there are lots of problem spots and it's certainly, certainly far from perfect, but relatively speaking, cycling is still very safe in the city," said Wedge.

In lieu of flowers, the Dean family has asked the public to make donations to the Halifax Cycling Coalition.

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Collecting good vibes, one cab ride at a time

'Write something positive.' Halifax cab driver invites passengers to spread positivity by contributing to the Book of Love



ALY THOMSON
halifax@metronews.ca

It began as an ordinary cab ride.

I jumped in the taxi on a dismally grey May morning en route to downtown Halifax, anxious about an upcoming meeting.

Frazzled, I heaved my belongings across the back seat of the vehicle and started tapping on my phone, when suddenly the cab driver asked, "Would you like to write in this?"

He passed me a pen and a chestnut-brown, distressed leather notebook, its engraved cover enclosing thick, manila pages.

On its outer edge was written: Book of Love.

"What is it?" I asked, to which he replied, "Just open it."

I found hundreds of notes penned by the people who had sat in that cab before me.

"Write something positive," he said. "With so many terrible things on the news, it's good to remember the positive things."

Radafy Ranaivo has been passing his Book of Love to cab passengers since December 2012.

A former mixed marital arts fighter, he started the book as a journal — a way to alleviate aggression. But it quickly transformed into a personal mission to spread love and positivity, he said.

Ranaivo said he was inspired by a regular passenger, an older woman named Edna who wore a permanent smile and collected loose change in a Ziploc bag for the Salvation Army.

"It's just amazing. It makes people's day," said Ranaivo.

People young and old have scribbled passages in a variety of languages, including French and Arabic. It's also taken trips to France and Bermuda.

"I have learned to live one day at a time and to live it to the fullest," wrote Roberta, her messy penmanship a clear indicator of a bumpy cab ride.

Quoted

"I want to help make the world different. Not different — how it's supposed to be."

Radafy Ranaivo, 40, Casino cab driver
On why he started his Book of Love



Cab driver Radafy Ranaivo has been collecting and sharing passengers' positive thoughts and contributions in his Book of Love for nearly two years. ALY THOMSON/METRO

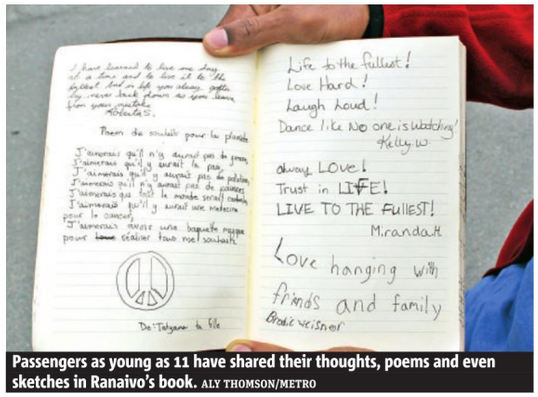
"There is a little good in bad and a little bad in good," quipped 11-year-old Tatyana.

Ranaivo said he does encounter the odd passenger that isn't receptive to the Book of Love.

But he tries to get them talking in the hopes of changing their mood, or tells them to read the entries.

"We have to believe in good and give a chance to everyone," said the 40-year-old Ranaivo, who came to Canada from Madagascar 20 years ago.

"Give them positive and you give them purpose."



Passengers as young as 11 have shared their thoughts, poems and even sketches in Ranaivo's book. ALY THOMSON/METRO

SMEN 1



A new era for the city: So long, HRM and hello Halifax

Not liking it? As new Halifax brand is raised over city hall, some residents still say they're not in love with the new 'Bold' logo


HALEY RYAN
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In the wake of mixed reaction over Halifax's new Be Bold strategy and logo, Mayor Mike Savage says the city's re-branding isn't about colours or fonts, but optimism and excitement for the future.

Savage spoke with reporters Friday after the old Halifax Regional Municipality flag was taken down for good, and the new Halifax logo with dark and light-blue colouring raised in its place.

"Let's … allow ourselves to be excited about the future of this great city," Savage told the small crowd gathered around the flagpole.

Quoted

"There's so many good things happening in this city, so this brand is really about that."
Mayor Mike Savage

The new Be Bold brand, approved by regional council in April, includes the logo and the much-debated crossbar-less letter A.

Savage said the rebranding was partly triggered by the fact that people outside HRM who he encountered at conferences had no idea what "HRM" referred to.

But Savage said the end result is about more than just words, colours, or aesthetics.

"It's about an attitude, and a belief in ourselves that we can go forward as a city and attract people to live here," he said.

Kathy Moggridge was passing through Grand Parade on Friday and said she was "not too keen" on the flag.

"I kind of do like the letters, just to play with the 'A'," Moggridge said about minimalist design.

"But it looks kind of bizarre."

Calum Ewing said the logo's clean typeface gave it a "very distinctive look."

"It's modern and I think it speaks a lot to the future of the city," he said.

Andrew, who did not give his last name, said he liked that the city was trying to do something different but the design was "too obvious" about striving to be modern.

He said he would have liked to see the brand represent unique aspects of the city, like our music and arts culture.

"Use the new logo, but make sure … make sure we're capturing the reality of the city to show rest of Canada," he said.


Mayor Mike Savage raises a flag with the new Halifax brand at Grande Parade on Friday. HALEY RYAN/METRO

Government ordered to review soldier's housing case


Maj. Marcus Brauer is seeking to cover the $88,000 he lost on a house sale and asked the Federal Court in Halifax to order the federal government to review its decision to grant him only $15,000. ANDREW VAUGHAN/THE CANADIAN PRESS

A Canadian soldier has won his court bid to get Ottawa to review a decision regarding the sale of his home after the military forced him to move from Alberta in 2010.

Maj. Marcus Brauer is seeking to cover the $88,000 he lost on the sale and asked the Federal Court in Halifax to order the federal government to review its decision to grant him only $15,000 in compensation.

In a written decision issued Friday, and forwarded to the Canadian Press by Brauer, Judge Richard Mosley quashed the Treasury Board Secretariat's July 17, 2012, decision and sent the case back to the board for review. He also awarded Brauer his legal costs.

"I find that the TBS decision was unreasonable in the sense that it was not justified and was outside the range of acceptable outcomes defensible in light of the facts and the law," wrote Mosley.

In a court hearing held last month Brauer's lawyer Daniel Wallace argued his client's losses should have been covered because there is a policy offering financial protection for military members forced to move from depressed housing markets.

At a glance

Maj. Marcus Brauer paid $405,000 in 2007 for the home in Bon Accord while working at Canadian Forces Base Edmonton. He sold it three years later for $317,000 following what he says was a crash in the local market because of a failure of several industrial projects.

Wallace argued housing prices in Bon Accord, Alta., dropped 23 per cent during the three years his client lived there, which is three percentage points above the 20 per cent threshold for a depressed market in the military's policy.

However, the Treasury Board Secretariat decided Brauer wasn't living in a depressed market, arguing the municipality was part of the Edmonton market where housing prices had dropped just 2.9 per cent.

THE CANADIAN PRESS

Middle Musquodoboit

Hikers found after being lost for six hours in woods

RCMP say two men are safe after getting lost while hiking in woods near Middle Musquodoboit. Police say the men, who are from the Truro area, weren't hurt.

THE CANADIAN PRESS

Break-and-enter

Suspects sought in brazen robbery

Police are looking for two men who stole jewelry, electronics and money in a brazen daytime robbery in Dartmouth on Saturday.

The break-and-enter happened at a home in the 0 to 100 block of Franklyn Street around 11 a.m., and was reported to police around 12:15 p.m.

Police say two men wearing black clothing and bandanas over their faces went into the home, pointed a can of bear spray at a 19-year-old man, and told him to get on the ground.

The robbers then tied the victim's hands and stole jewelry, electronics, and an unknown amount of cash.

METRO

Dartmouth

Car crash snaps power pole

A man was hospitalized with minor injuries after an early-morning accident in Dartmouth.

Police say the man's car hit a power pole on Main Street around 4:07 a.m. Sunday and snapped the pole off.

METRO

Investigation

Teen's wallet stolen in Halifax

Police are investigating after they say a man stole a teenager's wallet in Halifax on Friday night.

A 17-year-old reported the theft to Halifax Regional Police on Saturday. He said he was walking through Victoria Park between University Avenue and Spring Garden Road around midnight when he was approached by a man.

The teen said the man took out a small knife and asked for his money. He handed over his wallet, and the suspect walked away, according to a release.

He was not injured.

Police said the suspect is described as a white male, about 30 years old, six feet tall and unshaven.

METRO

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These offers expire June 7th, 2014 but are subject to change or withdrawal at any time. The mortgage must be funded within 90 days of the application date. Other conditions may apply.

† Assuming a mortgage of $270,000 with a 25-year amortization at a rate of 2.97%, switching to bi-weekly payments will decrease your amortization to less than 23 years and save you approximately $14,130 in interest. Alternatively, assuming the same mortgage of $270,000 with a 25-year amortization at a rate of 2.97%, if you keep your monthly payment frequency but apply annual lump sum prepayments of $500 and increase your regular payments by just $20 every year, after your first year, you will decrease your amortization to less than 21 years and save approximately $18,923 in interest.

Neighbourhood finding a clear voice in Halifax's north end

'Toolkit ... for advocacy.' Public invited to meeting to discuss pilot community project


GEORDON OMAND
halifax@metronews.ca

With north-end Halifax seeming to gentrify more with each passing week, one often-overshadowed community is a step closer to having a clearer voice in how their neighbourhood is changing around them.

Ingrid Waldron — an assistant professor at Dalhousie University's School of Nursing — has been working since 2010 on a four-phase project aimed at empowering north-end African Nova Scotians to assess the impact on their community of any new policy, project, program or proposal.

"In many ways the African Nova Scotian community feels put upon by some of the changes that have been happening in the north end," said Waldron, the project's lead investigator. "They don't feel like they have much of a voice.

Monday meeting

Open to all Halifax residents, the meeting takes place Monday from 5 to 7 p.m. in Room 4117 of the Faculty of Dentistry Building at Dalhousie University.

"The most important thing about this project is it brings to the fore some of their concerns not just about gentrification, but about income and equality, poverty, housing and equality, and other determinants of health."

This project, the third stage of Waldron's multi-phase research design, engaged with 11 north-end residents to flesh out their vision of a healthy community.

"The toolkit can then be used for advocacy," said Waldron.

She explained how residents can use it to gauge whether a new program fits with their vision of a healthy community.

The project's fourth and final stage will expand to engage with 50 African Nova Scotian north-end residents.



Brigadoon all afternoon with a campfire at the Commons

Brigadoon Village camp counsellors lead kids in a campfire song on the Halifax Commons on Sunday. The campfire was part of Brigadoon Day, which brought some camping fun to the city. JEFF HARPER/METRO

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2014

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SUPREME COURT OF NOVA SCOTIA

Hfx No. 420796

THE TORONTO-DOMINION BANK
- and –
STEVEN ALLEN

PLAINTIFF

DEFENDANT

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Scan the photo below with your Metro News app to see a photo gallery of election day in Ukraine.

Ukraine's decision day

Presidential election. Billionaire chocolate magnate pledges to 'bring peace to the Ukrainian land'



A Ukrainian soldier, with his daughter, casts a ballot during voting in the presidential election at a polling station in the village of Kovyri in western Ukraine, Sunday. Inset: Ukrainian presidential candidate Petro Poroshenko speaks to press at a polling station in Kyiv, Sunday. PETRO ZADOROZHNYY/THE ASSOCIATED PRESS; INSET: SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

An exit poll showed that billionaire candy-maker Petro Poroshenko won Ukraine's presidential election Sunday in the first round — a vote that authorities hoped would unify the deeply fractured nation.

The ballot took place amid weeks of fighting in the sprawling eastern regions that form Ukraine's industrial heartland, where pro-Russia separatists have seized government buildings and battled government troops. The rebels had vowed to block the ballot in the east — and less than 20 per cent of the polling stations were open there.

Long lines of voters snaked around polling stations in Kyiv, the pro-Western capital, but heavily armed pro-Russia rebels in eastern Ukraine intimidated locals by smashing ballot boxes, shutting down polling centres and issuing threats.

The exit poll for Sunday's election, conducted by three respected Ukrainian survey agencies, found the 48-year-old candy tycoon Poroshenko getting 55.9 per cent of the vote.

At a distant second was former prime minister Yulia Tymoshenko with 12.9 per cent, the poll showed. Full results are expected Monday in the election that could be a critical step toward resolving Ukraine's protracted crisis.

"The country has got a new president," a confident and composed Poroshenko told several hundred journalists at his election headquarters. "I would like to thank everyone for the support that the Ukraine has showed today for me and my team." THE ASSOCIATED PRESS

Low voter turnout in the east

Rebels close polling stations

The question of who was able to vote Sunday loomed large over the democratic process. Some 35.5 million Ukrainians were eligible to vote, but separatists in the eastern Donetsk and Luhansk regions — which have 5.1 million voters — said they would not hold the vote because they are no longer part of Ukraine.

The regional administration in Donetsk said only 426 of 2,430 polling stations in the region were open Sunday, and none in the city of Donetsk. There was no voting in the city of Luhansk either, but some stations were open in the wider Luhansk region. Fighting broke out Sunday in the Luhansk town of Novoaidar, where the Interfax-Ukraine news agency quoted the deputy interior minister as saying one person was killed and another injured in the fighting. THE ASSOCIATED PRESS



A woman cries after hugging a pro-Russian gunman in Lenin square in Donetsk, eastern Ukraine, Sunday. VADIM GHIRDA/THE ASSOCIATED PRESS

Thai military threatens action on protesters



Soldiers drive away a van carrying an unidentified Thai woman as anti-coup protesters, right, attempt to harm her during a demonstration in Bangkok, Thailand, Sunday. WASON WANICHAKORN/THE ASSOCIATED PRESS

Thailand's ruling military council stiffened its warnings Sunday against protests over its takeover of power, with its patience apparently wearing thin over demonstrations that have been growing in size and boldness.

The warning came a day before the coup leader, Army Commander Gen. Prayuth Chan-ocha, was expected to receive the king's endorsement formalizing his status as head of government.

After that, it's anticipated Prayuth may announce plans for reshaping Thailand's political scene with an interim constitution to replace the one scrapped by the army after Thursday's coup, and an appointed legislative body.

After three days of tense but mostly nonviolent confrontations between protesters and security forces, a spokesman for the ruling National Council for Peace and Order warned that officials may need to strictly enforce an army-imposed law that prohibits people from demonstrating against the coup.

Hinting that the army was ready to cast off restraint, Col. Winthai Suvaree said that in case of clashes in which losses or injuries incur, no compensation can be claimed because the country is under martial law.

"I want fathers, mothers, brothers and sisters to warn their families that there is no benefit in coming out to oppose (the coup)," Winthai told reporters.

On Sunday, protesters against the coup appeared to number as many as 2,000, growing from a few hundred on Friday. THE ASSOCIATED PRESS

Military custody

The military has sought to limit the protests by detaining figures who might play leadership roles.

- The junta has defended the detentions of former prime minister Yingluck Shinawatra, most of the deposed government's cabinet, and dozens of politicians and activists.

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Pontiff expresses solidarity with Palestinians

Holy Land pilgrimage. 'I am with you,' Pope Francis told children at Dheisheh refugee camp in Bethlehem

Pope Francis delivered a powerful boost of support to the Palestinians during a Holy Land pilgrimage Sunday, repeatedly backing their statehood aspirations, praying solemnly at Israel's controversial separation barrier and calling the stalemate in peace efforts "unacceptable."

In an unscripted move, Francis arranged a meeting between the Israeli and Palestinian presidents at the Vatican next month. The meeting, while largely symbolic, shows how the Pope has sought to transform his immensely popular appeal into a moral force for peace.

On the second day, the Pope arrived in Bethlehem, the birthplace of Christianity, before heading to Israel for the final leg of his visit.

While Francis mingled warmly with his Israeli hosts, his trip to Bethlehem included the day's most powerful images as he expressed sympathy and solidarity with Palestinians.

"I am with you," he told a group of Palestinian children at a stop in Bethlehem's Dheisheh refugee camp.

Even the Pope's arrival in Bethlehem — by helicopter straight from Jordan — carried important symbolic significance. Past papal visits to the West Bank have come through Israel. THE ASSOCIATED PRESS



Pope Francis is greeted as he arrives to meet children in the Dheisheh refugee camp, near the town of Bethlehem, on Sunday. VINCENZO PINTO/THE ASSOCIATED PRESS



Shark fishing in Indonesia

A worker weighs a shark in Banyuwangi, Indonesia, on Sunday. Indonesia has become one of the major exporters of meat and shark fins in the world. The Indonesian government is tightening regulations for the fishing of sharks and manta rays, which are now included in the Convention on International Trade in Endangered Species. ROBERTUS PUDYANTO/GETTY IMAGES

Poland

The general in tinted glasses dies

Poland's last communist leader, the general in tinted glasses, died Sunday at age 90 after a long struggle with cancer.

Born into a patriotic and Catholic Polish milieu, Gen. Wojciech Jaruzelski and his family were deported to Siberia by the Red Army during the Second World War. Despite his suffering at Soviet hands, Jaruzelski faithfully imposed Moscow's will on his subjugated nation until communism crumbled across the region in 1989. Poland is deeply divided over whether to view Jaruzelski as a traitor or as a patriot who made an agonizing decision to spare the country the bloodshed of a Soviet invasion.

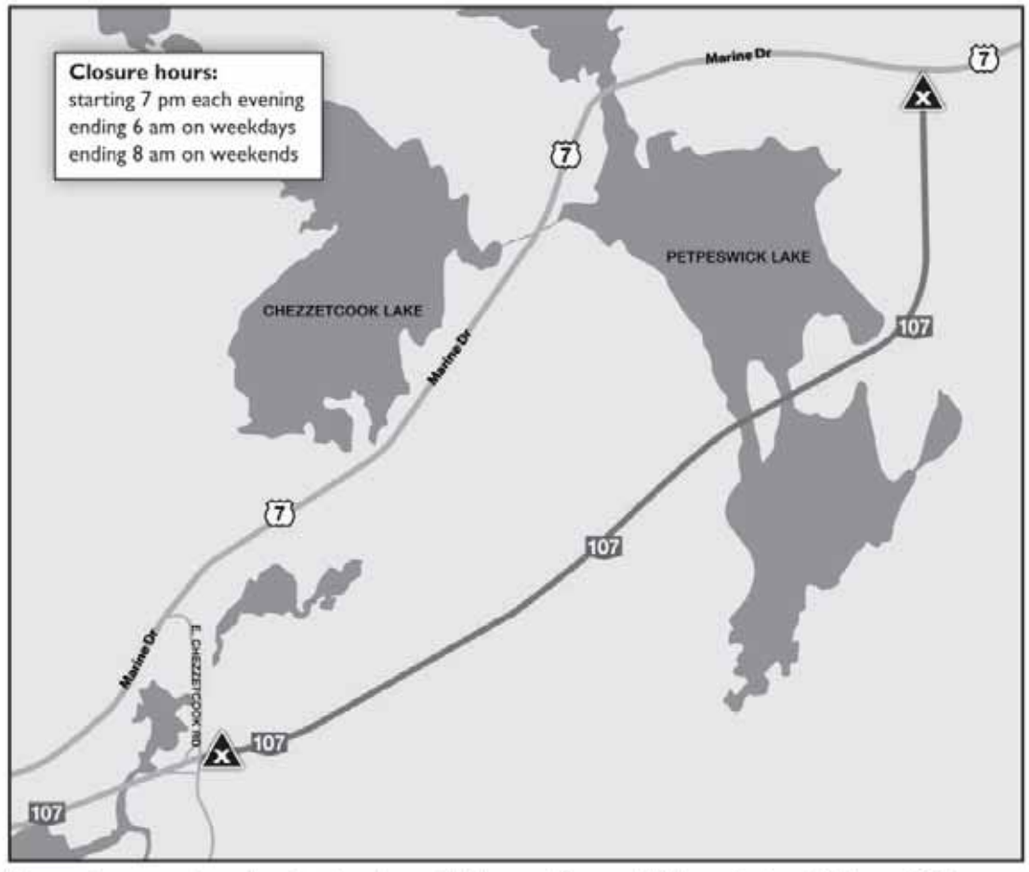
Jaruzelski stirs up these emotions for his defining act: His 1981 imposition of martial law, a harsh crackdown aimed at crushing the pro-democracy Solidarity movement founded earlier by Lech Walesa.

"Those times were complicated; I'm leaving the assessment to God," Walesa said.

The suppression of Solidarity led to the imprisonment of thousands of dissidents, the deaths of dozens and economic stagnation that contributed to the system's undoing. THE ASSOCIATED PRESS

TRAFFIC ADVISORY
Highway 107- Nighttime Closures

Where: Highway 107 between East Chezzetcook (Exit 21) and Musquodoboit Harbour
When: Starting Monday, May 26, and lasting for about 30 days
Why: Repaving and widening



Electronic message boards and other signs will direct traffic onto Highway 7 when Highway 107 is closed.

Drivers travelling at night should allow extra time to accommodate the detour.

By working at night, normal traffic flow will be maintained during the busy daytime hours. This reduces the inconvenience to the majority of those who use this road.

NOVA SCOTIA

Jewish Museum attack.
Belgium launches manhunt for suspect

Belgium launched a nationwide hunt Sunday for a lone gunman who walked into the Jewish Museum, unpacked a Kalashnikov rifle, killed four people with a short burst of fire, packed up and briskly walked away.

Saturday's attack led Belgian officials to raise anti-terror measures and increase the protection for Jewish sites for what was widely seen as an anti-Semitic attack. It happened on the eve of Belgium's nationwide election and as voters across the continent picked a new European Parliament.

Video of the attack showed an athletic man with a cap walking with determination into the small Jewish Museum in the swank Sablon area. He quickly carried out what was apparently a preplanned attack. The assault took a minute at most.

The fourth victim died Sunday afternoon, according to a government official who asked not to be identified because the news had not yet been officially announced.

No one has claimed responsibility for the killings. Leaders from Belgium and France, Pope Francis, Israeli leader Benjamin Netanyahu and others condemned the cold-blooded attack.

"We call on the whole population to help identify this person," deputy prosecutor Ine Van Wymersch said Sunday before three separate videos and still photos of the attack were posted on the federal police website. None have a clear view of the man's face.

She said the gunman who killed an Israeli tourist couple, a French woman and a Belgian man "probably acted alone, was armed and well prepared."

THE ASSOCIATED PRESS



A boy looks at candles and flowers at the entrance of the Jewish Museum in Brussels, Sunday. YVES LOGGHE/THE ASSOCIATED PRESS

Rampage previewed in resentful videos

California college killings. Shooter left six dead and 13 wounded

In YouTube videos and a long written manifesto, Elliot Rodger aired his contempt for everyone from his roommates to the whole human race, reserving special hate for two groups: the women he says kept him a virgin for all of his 22 years, and the men they chose instead.

Authorities said he put that bitterness into action in a stabbing and shooting rampage Friday night across the seaside California college town of Isla Vista that killed two young women and four men, at least half of them students at the University of California, Santa Barbara. Thirteen people were injured.

Rodger then apparently shot and killed himself inside the black BMW he used in the violence, authorities said Saturday.

The rampage played out largely as he laid it out in the public postings, including a YouTube video where he sits in the BMW in sunset light and appears to be acting out scripted lines and planned laughs.

"I'll take great pleasure in slaughtering all of you," Rodger, the son of a Hollywood director who worked on The Hunger Games, says in the video posted Friday and taken down by YouTube Saturday with a message saying it violated the site's terms of service.

"I don't know why you girls are so repulsed by me," he says in the video, describing his loneliness and frustration at never having had sex with or even kissed a girl. "I am polite. I am the ultimate gentleman. And yet, you girls never give me a chance. I don't know why."

Of the men he sees as rivals, he said: "I deserve girls much more than all those slobs," and that after his rampage "you will finally see that I am, in truth, the superior one, the true alpha male."

Thirteen people were injured in the rampage, eight from gunshot wounds, four from the vehicle and one whose origin wasn't clear. Four of the injuries were considered serious.

THE ASSOCIATED PRESS



A man holding flowers near a makeshift memorial is seen behind flower-filled bullet holes in the windows of the IV Deli on Sunday in Isla Vista, Calif. DAVID MCNEW/GETTY IMAGES

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The right to be forgotten vs. the First Amendment

Privacy. An American is pinning the recent court ruling on search-engine results on 'prissy European sensibilities'



Europeans and Americans are facing off over a ruling on what pops up when your name is searched. THE ASSOCIATED PRESS FILE

Europe's moves to rein in Google — including a court ruling this month ordering the search giant to give people a say in what pops up when someone searches their name — may be seen in Brussels as striking a blow for the little guy.

But across the Atlantic, the idea that users should be able to edit Google search results in the name of privacy is being slammed as weird and difficult to enforce at best and a crackdown on free speech at worst.

"Americans will find their searches bowdlerized by prissy European sensibilities," said Stewart Baker, former assistant secretary for policy at the U.S. Department of Homeland Security. "We'll be the big losers. The big winners will be French ministers who want the right to have their last mistress forgotten."

Mountain View, Calif.-based Google says it's still figuring out how to comply with the European Court of Justice's May 13 ruling, which says the company must respond to complaints about private information that turns up in searches. Google must then decide whether the public's right to be able to find the information outweighs an individual's right to control it — with preference given to the individual. THE ASSOCIATED PRESS

Shopping. Feel like you're being followed? You are ... but not by a store clerk

You're not being paranoid. You are being tracked at the mall, via your smartphone.

Analytics — finding patterns in recorded data — has long been a major component of retailing and, with the advent of online shopping, it's an area where e-commerce has always had a leg up on traditional brick-and-mortar stores. An e-tailer can tell how many times a customer has visited its website, what items they browsed and recommend products based on demographics.

Now, owners of traditional stores can have a glimpse into the same type of data.

The Silicon Valley, Calif. tech start-up RetailNext uses algorithms to interpret data taken from surveillance video cameras and smartphone trackers installed inside some of North America's biggest retailers.

The video cameras and Wi-Fi trackers can tell store owners important details, like how long a customer spends looking at a specific pair of jeans, whether they take them to the change room and if they end up buying them. Wi-Fi trackers, which can be set up on store shelves, gather data by automatically activating and reading anonymous identifiers in customer's smartphones. THE CANADIAN PRESS

'Reducing bureaucracy'

Rogers cutting corner-office fat

There will be some reductions in the management ranks at Rogers Communications Inc. and a new focus on agility but no large-scale reductions are planned, the company's new chief executive says.

Among other things, Rogers will adopt a new organizational structure focused on consumer and business customers. THE CANADIAN PRESS

Kid-centric brands fuming over e-cigarette flavours

Owners of brands geared toward children of all ages are battling to keep notable names like Thin Mint, Tootsie Roll and Cinnamon Toast Crunch off the flavoured nicotine used in electronic cigarettes.

General Mills Inc., the Girl Scouts of the USA and Tootsie Roll Industries Inc. are among several companies that have sent cease-and-desist letters to makers of the liquid nicotine demanding they stop using the brands and may take further legal action if necessary. They want to make sure their brands aren't being used to sell an addictive drug or make it appealing to children.

The actions highlight the debate about the array of flavours available for the battery-powered devices that heat a liquid nicotine solution, creating vapour that users inhale. The Food and Drug Administration last month proposed regulating electronic cigarettes but didn't immediately ban on fruit or candy flavours, which are barred for use in regular cigarettes because of the worry that the flavours are used to appeal to children.

It's growing pains for the industry that reached nearly $2 billion US in sales last year in the face of looming regulation. THE ASSOCIATED PRESS

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IS SOCIETY'S SICKNESS JEAN-ETIC?



URBAN COMPASS

Stephen Kimber
halifax@metronews.ca

When I was in high school — in the days when tablets were not computers but the stone on which the Ten Commandments were etched, and trans was coupled with neither fat nor gender — we had a dress code.

Boys were required to wear shirts buttoned to the collars, ties tied tight. No jeans, no facial hair.

Girls — before we called them women — had to wear skirts or dresses of a certain length, the certainty vigorously enforced by the female vice-principal. Jeans were forbidden, shorts verboten. Girls' only occasional dispensation on the warmest of sunny spring days — before climate change robbed us of spring, too — were skorts, which looked as hideous as they sound, but had to pass vice-principal measurement muster as well.

The year after I left high school, my school dropped its dress code. They may simply have been overwhelmed by Beatle haircuts, drugs, let's-spend-the-night-together, the '60s, Trudeaumania, reality.

I now date the beginning of the end of civilization to that day in September 1967 when teenagers could suddenly wear what they wanted, let their hair grow and beards sprout, dress in jeans, short skirts, shorts, whatever.

Which is why it was heartening to learn recently that someone somewhere — to wit, the vice-principal of Truro Junior High School — is still prepared to stick her finger in the dike of inappropriateness, even as the Niagara Falls of Internet porn, underwearless celebrities and 50 Shades of Grey continue to wash over, under and around us.

One might wonder why anyone would choose to draw their sand line around a Grade 8 girl wearing modest — neither tight-tight nor short-short — jean shorts, last considered racy back in 1966.

The beginning of the end

I now date the beginning of the end of civilization to that day in September 1967 when teenagers could suddenly wear what they wanted, let their hair grow and beard sprout, dress in jeans, short skirts, shorts, whatever.

One might wonder too at the school's rationale: that males who (we are told in the same bated breath) have already seen everything there is to see and do on the Internet by the time they are 10, would be "distracted" by the sight of two discretely bared legs ...

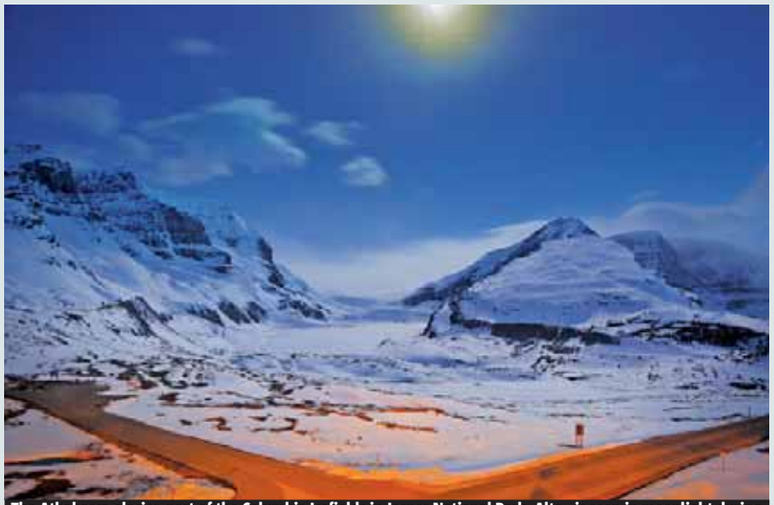
No matter.

Dress codes are not about what is actually appropriate. They are about rules and the need some people have for more of them. The future is still the past.

Say, 1966.

ZOOM

Glacier recedes at unglacial pace



The Athabasca glacier, part of the Columbia Icefields in Jasper National Park, Alta., is seen in moonlight during a long exposure this May. JEFF MCINTOSH/THE CANADIAN PRESS

'Astonishing' rate of more than five metres a year

What's believed to be the most-visited glacier in North America is losing more than five metres of ice every year and is in danger of completely disappearing within a generation, says a Parks Canada manager.

The Athabasca Glacier is the largest of six ice sheets that form part of the Columbia Icefield in Jasper National Park.

THE CANADIAN PRESS

Passage of time leaves its mark

While it receives about seven metres of snowfall annually, the glacier has been slowly shrinking for about 150 years.

"It's astonishing," said John Wilmshurst, Jasper National Park's resource conservation manager.

The passage of time is clearly visible at the ice sheet's base. Markers dating back as early as 1890 show the toe of the Athabasca Glacier has retreated 1.5 kilometres, leaving a moonscape of gravel and rock behind. THE CANADIAN PRESS

Climate change

A recent American state-of-the-union report has singled out the rapid melt of glaciers in British Columbia and Alaska as a major climate change issue, saying they are "shrinking substantially."

- "I think long term it's not good news at all," said Wilmhurst."Absolutely the glacier will be gone. Not within my lifetime, probably, but maybe within my children's lifetime."

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In this issue, you can find AR enhancements on page 8 in News, page 13 in Scene and page 22 in Sports

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Worth mentioning. PetMatch app aims to be a man's best friend

A New phone app helps you find your perfect match ... if you're looking for a cat or dog, that is. The PetMatch app allows users to upload an image of a cute critter and then searches its database of animals that are almost identical, and up for adoption. The gizmo, launched by California startup Superfish, uses techy algorithms and patented image recognition technology to plot key characteristics (eyes, mouth and colour) to speed up the search process. Metro chats to co-founder Adi Pinhas about why pictures are worth a thousand words.

Did you start PetMatch because you needed to replace a dead pet?

(Laughs) No, it wasn't for that reason. We started with animals because it's a great-news case study for a visual search. It demonstrates the technology in a way that shows that visual searches can be more fun and efficient than text searches. Rarely you know the name of a breed's name or how to search for it, so this app does the hard bit for you.

What else can you match up?

It can do lots of neat stuff. People are taking images of desserts in a restaurant and we can show them restaurants that are selling similar desserts. If you take a picture of a chair or piece of furniture, you can find a similar style through the app.

Are you just trying to make life easier for people?

Yes, we are looking and we're thinking how can we make the camera a lot smarter. If someone wants a handbag or want to know the name of a flower, they can take a pic and find out its name and where it is available.

People will have to think less ...

Well, it's easier for you to connect with the world around you. Instead of opening Google and using keywords, you can take a pic. Why try to do it in keywords when you have a picture?

EDWARD THOMPSON/ METRO WORLD NEWS

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See that symbol? It means you can scan the photo below with your Metro News app to see a clip from Xavier Dolan's new film Mommy

Ebooks



The Mozart Project

By. By James Fairclough & Harry Farnham

iPad/iPhone



MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

A mind-blowing, definitive look at Mozart's music and genius, this ebook is astonishingly alive with sheet music, letters, paintings, timelines, and child prodigy performances. Seven leading scholars showcase his pianos and violins, his travels and influences, his family relationships and childish glee for "lavatory humour." There are hours of music, discussion, and short films, all so very humbling, surprising, and beautiful.

Box office

Newest X-Men opens strong

Fox-Marvel's X-Men: Days of Future Past debuted with $91 million at the box office, beating last weekend's No. 1 hit, the Warner Bros. sci-fi adventure Godzilla, which opened last weekend.

Days of Future Past is the second-highest opener in the X-Men franchise.

THE ASSOCIATED PRESS

Young Canadian wows Cannes jury

Jury Prize. Xavier Dolan shares festival prize with legendary French filmmaker



Montreal-born filmmaker Xavier Dolan THE ASSOCIATED PRESS

Canadian director Xavier Dolan won the Jury Prize for his film Mommy at the Cannes Film Festival Saturday, sharing the honour with French filmmaker Jean-Luc Godard.

Dolan's film is a highly emotional drama starring Anne Dorval as the determined single mother of a violent and agitated 15-year-old son (Antoine-Olivier Pilon).

There were high hopes that Dolan would win the festival's top award, the prestigious Palme d'Or, but that honour went to the Turkish drama Winter Sleep.

Dolan was moved that he shared his prize with Godard, the 83-year-old film icon.

"What's beautiful in sharing a prize with Godard is that he, in a different era, tried to reinvent cinema and I like to think that we are in a moment where cinema is going in a different direction and I would be happy to be part of that."

Dolan, 25, was the youngest director at the festival, while Godard (Goodbye to Language), 83, was the oldest.

Dolan was very emotional when he went on stage, having to interrupt his speech a few times to regain his composure.

"The emotion that is sweeping over me as I think of this mythical room is overwhelming," he said.

"I am lost in gratitude thinking of the recognition of the jury, the love we have felt over the last week, which has made me realize that we do this job to love and be loved in return."

He also seized the opportunity to urge his peers, in terms of age, to think big.

"There are no limits to our ambitions, other than those we impose upon ourselves and those that others impose upon us. Everything is possible for those who dream, who dare, who work and who never give up."

Telefilm Canada executive director Carolle Brabant, issued a statement congratulating Dolan for winning the award.

Dolan's list of films also include Heartbeats (Les Amours Imaginaires) (2010); Laurence Anyways (2012) and Tom at the Farm (Tom à la ferme) (2013).

The Montreal-born filmmaker began acting in commercials at age four, appeared in the TV movie Misericorde in 1994, and the divisive 2008 horror film Martyrs in 2008.

THE ASSOCIATED PRESS WITH FILES FROM TORSTAR NEWS SERVICE

Cannes

Saturday's 67th Cannes Film Festival's other big winners:

- Palme d'Or: Winter Sleep, Nuri Bilge Ceylan
- Best Director: Bennett Miller, Foxcatcher
- Best Actor: Timothy Spall in Mr. Turner
- Best Screenplay: Andrei Zvyagintsev and Oleg Negin for Leviathan

SCENE



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

It's Twilights out for 'too old' Pattinson



STARGAZING
Malene Arpe
scene@metronews.ca



Robert Pattinson says that "I couldn't do another Twilight movie. I'm too old" Other reasons he couldn't do another Twilight movie: 1) It would have to involve what's-her-cursed-cheating-name. 2) Those movies are worse than fried liver. 3) He'd rather stab himself in the face with a rusty screwdriver.

Peter Dinklage sums up Game of Thrones thusly: "Sexy sexy sexy, stabby stabby stabby, beautiful language" That's about right, except that he forgot "Hodor, Hodor, wall, Hound, poison, dragon, dragon, dragon."

This week in unfortunate levels of intoxication 1) Justin Bieber is reportedly finished drinking codeine-laced sizzurp because he's "obsessed with working out and it's just really hard to do when you're high." 2) Channing Tatum describes himself a "functioning alcoholic." 3) A Tennessee man is arrested after he tried to have sex with an ATM and a wooden picnic table at a local bar. 4) Women are getting plastic surgery on their hands so their engagement ring selfies will look better.

Jessica Simpson becomes a spokesperson for ClearBlue pregnancy tests Jessica's boyfriend and Weight Watchers file a joint emergency injunction.

Paris Hilton says she left Justin Bieber's Cannes party early because he only played his own music Also: Zero sizzurp.

Gwyneth Paltrow and Chris Martin are still living together even though they've consciously uncoupled Awww ... that's so civilized and wonderful and gives hope to everyone terrified they'd inadvertently end up in a relationship with Gwyneth Paltrow.





Kim Kardashian and Kanye West GETTY IMAGES

Kanye leaves wedding guests in altar-ed state with grandiose speech

Quick: Try to think of the longest, most rambling wedding reception speech you've ever had to endure. Well, the one Kanye West gave this weekend might have been longer and ramblier.

As the whole world knows, the rapper married reality star Kim Kardashian on Saturday at Fort Belvedere in Florence. And according to E! Online, he followed that up by giving a 20-minute speech to the assembled horde of celebrity guests, in which he called the Kardashian family an "industry" and "the most remarkable people of our time" who can "make the world a better place." West "went on and on about the culture of being in the limelight and that all the spoofing and tabloid covers don't get him or the Kardashian family down. 'I am defined by being a celebrity ... the world is our altar,' he announced to a cheering room. 'We are not stupid!'"

The site also reported that West "got very heated during certain parts of his speech, but he also had very sweet things to say about his new bride. He called her the 'ideal celebrity' and the 'ideal art,' and he gushed about spending 'every day of my life with Kim.'"



Prince Harry GETTY IMAGES

Like a pup without a Bonas, Harry go-goes the night away with dancer

Prince Harry seems to be taking his breakup from Cressida Bonas pretty well. The redheaded Royal reportedly partied until the early hours recently at London's Chakana Club with 20-year-old go-go dancer Paige Collins, according to the Sun. A source tells the newspaper that "she caught Harry's eye" after he and some pals showed up at the venue, and the pair proceeded to down vodka shots and dance the night away until nearly 3 a.m. Collins herself confirmed the late-night fun via Twitter. "So not every day you get to dance and have vodka shots with Prince Harry," she posted. "He's the most down to earth man considering he's still a prince."

Unhappily Eva after losing role to Chastain



Eva Mendes GETTY IMAGES

Eva Mendes is apparently bitter rivals with Oscar nominee Jessica Chastain — even if Chastain is completely unaware of it. Mendes "feels an intense, one-sided rivalry that stems from when she lost out to Jessica for the role of Maya in Zero Dark Thirty," a source tells Radar Online. "Eva desperately wanted to be considered for the part, as she's tired of being typecast as a love interest and wants to be a leading lady." Complicating matters is the fact that the actresses reportedly share a talent agent. "Their agent is caught in the middle and is trying hard to keep them apart and on different career tracks, but Eva's declaration that she wants to audition for the same roles has made things all the more complicated," the source says.

Did she use Hermione's Time Turner?



Emma Watson TWITTER

It's graduation day for movie star Emma Watson.

The British actress best known as Hermione Granger in the Harry Potter movies was among 2,000 graduates receiving degrees Sunday from Brown University. She tweeted a photo of herself in cap and gown.

Watson graduated with a bachelor's degree in English literature from the Ivy League university in Rhode Island.

The 24-year-old started at Brown in 2009, the same year she was named the highest-grossing actress of the decade by the Guinness Book of World Records.

Watson had a busy film career during her time as a student, releasing both parts of Harry Potter and the Deathly Hallows, The Perks of Being a Wallflower, This is the End, and the recent Biblical epic Noah. THE ASSOCIATED PRESS

Six signs you're a shopaholic

Spending like a drunken sailor? Figure out how to say bye-bye to buy-buy binges



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com



Bagged again? Perhaps it's time to give shopping the sack. ISTOCK

If I had a nickel for every email I got from people telling me that they think they might be a shopaholic, I could buy … well, I'd save the money, actually. It seems that the Buying Bug has become a social disease. So how do you know if you've been bitten? Here are six clues:

1. You have *all* the toys. You may not be in the red, but your closet is jammed to the rafters with stuff. Chronic spending is often unconscious spending, so you may not even know you're doing it. Take a look around. Do you seem to have a version of every popular trend? Is your home stuffed to the rafters? Are there things you've bought that are still in the box or hanging in your closet with the tags on?

2. You're sure shopping will cure what ails you. Emotional shoppers turn to the high they derive from spending money to compensate from the low they're feeling in their lives. I hate to burst your bubble, but shopping isn't going to make up for a crappy childhood. Nor will it cure an unhappy career, a disintegrating relationship or anything else that ails you emotionally. If you're buying to feel better, you're spending for the wrong reasons.

3. Your favourite phrase is "Oh, why not?" All of us fall prey to impulse shopping from time to time. But when "Oh, why not?" comes out of your mouth more than once or twice a year, you've got an impulse control problem. The problem for people who can't curb their desire for immediate gratification is that they're not prioritizing. They've lost (or never had) the ability to figure out if they can do without, so they're living in debt or, worse, a centimetre away from destitution.

4. Spending makes you feel rich. You like showing off that you've got money to spend. As counterintuitive as it may seem, some people become chronic spenders out of a fear of poverty. It can be a self-esteem thing, too. If you have a trophy kitchen but you're not cooking, take it as a sign.

5. Don't worry, be happy. You don't like to think about money. So you don't. You never bother to check your receipts. You don't keep a running balance of what you've spent. You just go blissfully along, running up a new credit card balance. Even if you pay it off faithfully, you're luckier than you are smart.

6. A $5,000 credit limit means you have $5,000 to spend. Not to put too fine a point on it, but your credit limit is not actually money in your pocket. When you shop on credit and don't pay your balance off in full, you're spending money you have yet to earn. What will you do if you suffer a reversal of fortune, e.g., get sick, lose some hours at work, or get laid off? If your credit card balance runs close to your credit limit every month, consider yourself a chronic spender.

As a society, we already have way more stuff than our parents. Do we really need more? At some point we've got to move back to the idea that acquisition of stuff should fulfil our needs, not make us work longer and longer hours to accumulate things we don't even have time to use.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

5 steps to recovery

If you think you might have a serious shopping problem, try the following:

- **Figure out your buying patterns.** Take an inventory of what you own. If you have 30 pairs of shoes, only five of which you wear regularly, steer clear of shoe stores.
- **Quell the urge.** Take 24 hours and postpone buying what you think you want.
- **Cut back.** If you always buy two or three, buy only one.
- **Simplify.** Buy only the basic necessities such as food and transportation and keep track of every penny you spend.
- **Quit cold turkey.** Throw your credit cards behind the refrigerator and pay for everything with cash. Hey, that debit card is cheating!

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Money 101. Two couples, one year to make them richer

Halfway to accomplishing their goals



Since January I have been working to improve the finances of two Canadian couples. By focusing on growing their net worth, we have tackled debt, bought a home, prepared for the arrival of a new baby and started preparing for the long term — eventual retirement. Follow along every month as we examine each couple's bank accounts, work through any challenges they face, and celebrate all of their financial accomplishments along the way. – Lesley-Anne Scorgie/For Metro



Anne-Marie and Peter are eagerly anticipating the birth of their baby. SHUTTERSTOCK



Do-it-yourself home improvements, such as painting, will save Carolina and Jose some money. SHUTTERSTOCK

Anne-Marie and Peter

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 37 and 33
- Occupations: Broadcasting and sports editing.
- Total household income: $110,000.
- Life stage: Expecting their first child in June.
- Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, and are committed to paying off debt.
- Top goals for 2014: Pay off debt, start a savings program for child's education and down payment on first home.
- Current net worth: $86,000
- Homework from May: Finalize their wills, research investments for their RRSPs and confirm freelance work opportunities for Peter.

With two weeks left before their baby arrives, Anne-Marie and Peter have raced toward firming up their insurance coverage, finishing their nursery and putting the final touches on their maternity-leave budget.

With feelings of parental protection kicking in, Anne-Marie and Peter have amped up Anne-Marie's insurance policy provided through her employer and completed their wills. Both acts will provide extra security for their growing family.

Anne-Marie now has three times her basic salary in a death benefit, approximately $200,000. She also signed up for $500,000 in accidental death and dismemberment insurance and dependent life insurance, which gives $15,000 for Peter and $7,500 for their child, should either pass away. Her new insurance plan costs $35 per month.

Peter's employer offers minimal life and accident insurance, so he is seeking term life coverage — "use-it-or-lose-it" insurance — through an independent provider.

The couple will consider a whole-life policy, one where your beneficiaries are guaranteed a payout, in a few years. Currently, those policies are too expensive.

The couple is focused on improving their RRSPs, and is researching their mutual funds. Reviewing their current portfolio revealed that although Anne-Marie and Peter are balanced medium-risk investors, they are currently invested in a low-risk portfolio, with only one year of performance history. So they are exploring opportunities to transition into a balanced mutual fund portfolio containing a blend of bonds and blue-chip stocks with more than 10 years performance history. Though past performance isn't indicative of future performance, it provides insight into how the mutual fund has been managed in the past.

Peter is in the process of confirming his freelance opportunity valued at approximately $18,000. These funds would eliminate the couple's debts.

Homework:
Anne-Marie and Peter will focus on selecting new investments, welcoming their baby, applying for a social insurance number for the baby, and setting up their child's registered education savings plan.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose

Carolina and Peter recap

- Location: Calgary
- Ages: 33 and 31
- Occupations: Stay-at-home mom and roofing.
- Total household income: $62,000.
- Life stage: Three daughters ages six, three and one.
- Financial savvy: Medium to low — they recently established a budget, are very frugal spenders, have no retirement savings, and are committed to paying off debt.
- Top goals for 2014: Pay off debt, buy a house and visit family.
- Current net worth: Minus $7,000
- Homework from May: File their taxes, create a plan for their tax return and look for a home.

Caroline and Jose became homeowners in May.

After searching unsuccessfully, being outbid by other buyers and fighting the temptation to compromise on their wish list, the couple finally found a suburban townhome that meets the needs of their growing family — and still meets their budget constraints.

The townhome is well located near schools and transit, which will ease Jose's commute to work and reduce Carolina's time in the car driving their girls to and from various activities.

Though the townhome needs a little work, I have provided Jose and Carolina with a list of low-cost, high-impact home improvements that they can start to tackle themselves, like painting, changing knobs and making small repairs rather than replacing larger items like their furnace.

The final purchase price on the property was $250,000. Jose's parents gave them $25,000 for the down payment. On the recommendation of their mortgage broker, Jose and Carolina used part of the down payment to pay off their mini-van loan, and, using the remaining funds, secured a 25-year fixed-rate mortgage with a five-year term at approximately three per cent interest.

This decision reduced their overall interest expenses, and allowed them to qualify for a more suitable mortgage.

The couple's concerns over closing costs, which are typically one to two per cent of the home's value, have been tempered through Jose's recent job promotion and raise, insurance savings by eliminating the mini-van loan and receiving a healthy tax return.

Homework:
The focus for Carolina and Jose throughout June is to pack up and move into their new home as efficiently and affordably as possible — leaning on friends and family for support — while continuing to maintain their household budget, which is officially in the black. To build on the couple's financial momentum, primarily resulting from the gift of the down payment, they will also begin the process of creating a plan to officially move their net worth into a positive position by the end of the year.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR. SHE RELEASED HER LATEST BESTSELLER, WELL-HEELED, IN APRIL.

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Professor, please give me a positive plug

Academic references. When you need your teacher to vouch for you, make sure you reach out with respect

LAKSHMI GANDHI
Metro World News

Recommendation letters have always been a big part of the graduate school application process. Along with your transcripts, essays and standardized test scores, these letters provide admissions officers a window into your academic interests, job performance, and, ideally, your personality.

Students thinking about applying to graduate programs and fellowships in the fall should start thinking now about which professors they would like to ask to recommend them.

Because writing detailed recommendations can be very time-consuming for faculty members, taking these simple steps can make the entire process go smoother for everyone.



Make it a point to participate in class, as it's a great way to both stand out and allow the professor to get to know you. ISTOCK

Ask someone who knows you

"My biggest tip is 'Make sure the professor really knows you,'" said Julie Dodd, a professor in the College of Journalism and Communications at the University of Florida. Dodd often blogs about jobs and internships on her blog Thoughts on Teaching.

"Even if you've been in a small class with a professor, that doesn't mean that they know you," she points out.

It's also a good idea to talk to your professors about your life outside of class.

Don't be shy about inviting a professor to a concert you are performing in or mentioning the play that you are producing. While they may not be able to come, extending the invite is a great chance to talk about your interests and goals.

Dodd recently recommended a student who had taken a class with her while he was a sophomore, yet made it a point to regularly stop by her office for two years afterwards.

When he asked her for a job recommendation, "I was really invested in him," she said. "I wanted him to get a job."

Ask as early as possible

A good recommendation letter takes time to research and compose, so it's important to be respectful of the faculty member's schedule.

Ask at least a month before your deadline, says Dodd, though earlier is always better. Keep in mind that a lot of other students are also asking for letters and that the deadlines all tend to fall around the same dates.

"Sometimes it's a matter of time," said Dodd of why she sometimes has to turn students away. "They ask you right after another student asks, and you don't have time to do them all."

Please and thank you

Remember that you are asking for a favour

- Writing letters while juggling a teaching schedule and other responsibilities is a time-consuming process.
- Be sure to ask nicely and to send a thank you note when the applications are all in. Also, be sure to let your instructor know which school you selected in the end. Don't leave them wondering.

Ask in person

Schedule a meeting with your professor so you can discuss the schools you are applying for, your goals, and why you want to go to grad school. Making a request for a recommendation over email or just after class can seem too casual and rushed.

Dodd adds that you should also tell your professor why you would like a recommendation from them specifically. "A key part of this is saying to a teacher why you want a letter from them. Saying something like, 'I think as a student, you really saw me as a writer,'" lets the professor know why you requested them in particular.

Take no for an answer

You want your recommendations to be from people who are enthusiastic about you and your abilities. "Every letter you write is a reflection of you as a recommender," said Dodd, noting that she's also told students who were chronically absent or who missed deadlines exactly why she wasn't able to assist them.

If a professor tells you that they are not the best person to write your letter, believe them and move on.

Give them all the information they need

Make a folder with a copy of your resumé, a note with all of the classes you took with the professor with the semester listed, and a list of all of programs you're applying to.



'Round the world wisdom

Create your own stimulus response loop



LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Wanting, or even needing, to see a challenge through to the end is not always enough to propel us forward. The bigger the challenge, the more difficult it is to find the willpower to stay the course during difficult moments. What can work is to create a rallying symbol that acts as a trigger to refocus when times get tough.

In the Gobi, my trigger was a song.

I learned that having my song could provide a spark and pick me up when my reserves were running low. I chose It's a Beautiful Day by U2. At my low points, I would listen to it and get moving. It worked when I ran, but once the song ended, I was back to where I started.

It keeps you runnin'

For my next race, the Atacama Crossing, I knew I needed to give myself constant 24/7 reminders to not let my training slip. If not, my habitual life would simply dwarf the training and I would show up at the starting line under-prepared.

For my next race, the Atacama Crossing, I knew I needed to give myself constant 24/7 reminders to not let my training slip. If not, my habitual life would simply dwarf the training and I would show up at the starting line under-prepared.

To do this, I used a mnemonic to instantly be at one with the Atacama.

First, I thought through what my desert experience would mean to me and made it vividly real in my mind. I associated all the positive concepts I could come up with: beauty, adventure, achievement, camaraderie, personal breakthrough, teamwork, health, spirituality, etc.

Visualizing the experience with this overwhelming optimism filled me with energy.

I then associated all of the positive feelings with an object that would symbolize my desert journey. From that moment on, I carried my token Atacama reminder in my pant pocket at all times. I woke up to it, trained with it, went to work with it, and ran the race with it.

When the siren's negative call would come knocking and rear its ugly head, just touching the reminder in my pocket would serve to dissipate the issue.

I had created my own Pavlovian positive stimulus response loop.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Rounding out the sweetness of shrimp



ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD



From your fridge to your table in 30 minutes or less

A skewered shrimp kebob is a great appetizer or main course, especially when served over top a bed of tender spaghettini.

The combination of apricot preserves and hoisin sauce in this Apricot Glazed Shrimp Skewers and Spaghettini recipe goes well with the sweetness of the shrimp.

Shrimp are a low-fat and low-calorie protein source. A four-ounce serving has only 120 calories and two grams of fat and contains about one third your daily protein intake. Shrimp are also an excellent source of selenium and vitamin B12. You can also use a variety of fish such as scallops, or a firm white fish such as swordfish, cod or halibut.

In terms of good quality pasta, Catelli has launched a preservative-free whole-wheat pasta with only wheat as the ingredient.

If you're using wooden skewers, soak in water for 20 minutes before grilling to prevent the wood from burning.

Ingredients

- 16 medium shrimp (about 12 oz), peeled and deveined
- 16 wooden skewers (about 6 inches long)
- 1/4 cup apricot jam
- 1 tbsp oyster sauce
- 3 tbsp hoisin sauce
- 3 tbsp chopped fresh basil
- 4 oz whole wheat spaghettini
- 2 tsp sesame oil

Nutritional information

Per serving (four skewers)

- **Calories.** 263.5
- **Carbohydrates.** 40.7 g
- **Fibre.** 5.6 g
- **Protein.** 20 g
- **Total fat.** 3.1 g
- **Saturated fat.** .8 g
- **Cholesterol.** 128 mg
- **Sodium.** 376 mg

Directions

1. Thread the 16 medium, peeled and deveined shrimp onto the skewers.

2. Combine the apricot jam, oyster and hoisin sauce in a small bowl. Stir well and set aside half of the sauce. Brush the other half over the shrimp.

3. In the meantime, cook the pasta in boiling water just until tender, approximately 5 minutes. Drain well, add sesame oil and put on a serving plate.

4. In a grill pan or a skillet lightly coated with cooking spray, sauté the shrimp, just until they are no longer pink, about 5 minutes. Serve over top of the pasta, drizzle with the remaining sauce and garnish with basil.



This Apricot Glazed Shrimp Skewers and Spaghettini recipe makes 16 skewers. ROSE REISMAN



This Southwest Layered Dip recipe serves eight. ROSE REISMAN

Layer, dip and then repeat

Everyone loves the cuisine of the Southwest. Burritos, tortillas, quesadillas, guacamole, beans and cheese now make up much of our Canadian food landscape. I created a mini shot glass dip using many of these flavours. You can serve these as an appetizer or part of a Tex-Mex meal.

If you don't want individual glasses, feel free to add the individual ingredients together and place in a larger serving bowl to be shared by all.

You can also add your own ingredients such as diced olives, tomato salsa and even ground sautéed beef, or cooked shredded chicken.

I like to serve these with baked tortilla crisps that you can easily make on your own.

Rather than using the packaged deep fried versions, just take a tortilla cut into eight triangles and brush or spray with a little oil and sprinkle with a little garlic powder, salt, pepper and a hint of cayenne. Bake at 400 F just until crisp, about five to eight minutes.

1. Layer each shot glass with ingredients starting with refried beans and ending with the black beans.

2. You can serve room temperature or chilled with tortilla chips or sliced vegetables. ROSE REISMAN

Ingredients

- 8 (3 oz) small glasses (shot glass size)
- 1/2 cup refried canned beans
- 1/2 cup light sour cream
- 1/2 cup mashed ripe avocado (approx. 1 small)
- 1/2 cup shredded cheddar cheese
- 1/2 cup diced seedless tomato
- 1/4 cup canned black beans

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McDonald ready to impress NHL scouts

Draft combine. Halifax goaltender anxious to turn heads in Toronto



PHILIP CROUCHER
philip.croucher@metronews.ca

Mason McDonald believes he knows what most teams are looking for in a future NHL goaltender.

His answer isn't earth-shattering, but it does speak to what the 18-year-old tries to do each and every time he steps on the ice.

"I think teams are looking for someone who will compete every night and give them a chance to win," he said, without hesitation.

Competing is what McDonald says he's ready to do this week as he heads to Toronto for the 2014 NHL draft combine.

The event, which includes physical testing and one-on-one interviews, isn't make-or-break for the prospects who attend, but it does give a player a chance to make a lasting impression, which may come to serve them well at the NHL draft in a few weeks.

"It's pretty crazy to think about," McDonald said about going to the week-long combine. "It's been my life goal since I was a kid to get where am I now. I can't wait to get to Toronto."

NHL Central Scouting ranks McDonald the No. 2 goaltender prospect for North America. He is also one of only 11 netminders coming to Toronto.

His week will begin Monday with interviews with interested teams. It will end with two days of physical testing — which includes everything from bike drills and jumping, to bench presses and medicine-ball throws.

"I try not to pay attention to the ranking," said McDonald, who stands six-foot-four and weighs 188 pounds. "I am just focusing on doing my job and making a good first impression with the teams."

McDonald was drafted by the Bathurst Titan in 2012, but was shipped midway through the 2013-14 season to the Charlottetown Islanders, where he saw more playing time and shots on what was a rebuilding club.

After the Islanders lost to the Halifax Mooseheads in the first round of the QMJHL playoffs, McDonald suited up for Canada at the world under-18 hockey championships and helped the team earn a bronze medal.

Since that tournament last month, McDonald's focus has been squarely on the combine. He's been working out every day for up to 90 minutes with a personal trainer and is hoping that hard work pays off.

"I'm pretty confident going in," he said. "I think I've prepared well for it."



Goaltender Mason McDonald works out at the Canada Games Centre last week as part of his training for the NHL combine. JEFF HARPER/METRO

Quoted

"My goal is to be an NHL starter ... I want to do it."
Mason McDonald

Draft dates

The 2014 NHL draft is slated for June 27 and 28 in Philadelphia.

Awards

Ehlers named, top rookie, Mantha CHL's player of year

Anthony Mantha was a goal-a-game man in the regular season and the playoffs for the Val-d'Or Foreurs. The 19-year-old from Longueil, Que., was rewarded for that consistency with the Canadian Hockey League's player-of-the year award Saturday.

Mantha had 81 goals in 81 games and added another 77 assists for the Quebec Major Junior Hockey League champion Foreurs.

Halifax Mooseheads forward Nikolaj Ehlers was chosen top rookie. The 18-year-old from Denmark had a plus-minus rating of plus-65 while contributing 49 goals and 53 assists in 63 games.

The coaching award went to Eric Veilleux of the Baie-Comeau Drakkar, who reached the QMJHL final before falling in seven games to Val-d'Or. THE CANADIAN PRESS



Henrik Samuelsson recorded five points for the Oil Kings in the Memorial Cup championship game on Sunday. GETTY IMAGES

Oil Kings weather Storm to capture CHL title

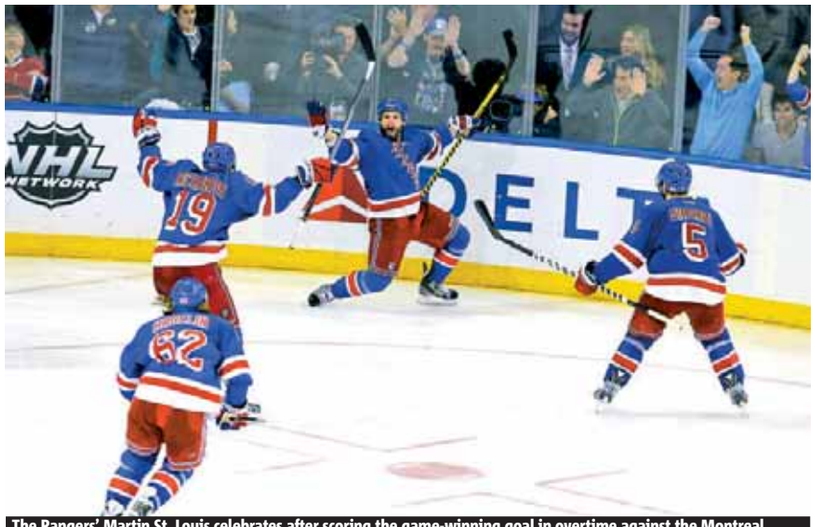
The tireless Edmonton Oil Kings upset the Guelph Storm 6-3 to win the 2014 MasterCard Memorial Cup on Sunday.

Henrik Samuelsson led the Western Hockey League champions with two goals, including an empty-net goal, and three assists in the final.

Edgars Kulda had a goal and two assists and Edmonton also got goals from Cody Corbett, Tyler Robertson and Mitch Moroz. Goaltender Tristan Jarry made 32 saves for the win.

Robby Fabbri, Stephen Pierog and Zach Mitchell replied for the Ontario Hockey League's Storm, whose only loss of the tournament was the final.

The Oil Kings advanced to the final with a triple overtime semifinal win over the Val-d'Or Foreurs on Friday, which was the longest game in tournament history at 102 minutes 42 seconds. THE CANADIAN PRESS



The Rangers' Martin St. Louis celebrates after scoring the game-winning goal in overtime against the Montreal Canadiens in Game 4 of the Eastern Conference final on Sunday in New York. AL BELLO/GETTY IMAGES

St. Louis drives it in for New York

Habs in a squeeze.
Overtime goal puts Rangers at a comfortable 3-1 lead

Martin St. Louis scored at 6:02 of overtime to move the New York Rangers within one win of their first Stanley Cup final in 20 years with a 3-2 victory over the Montreal Canadiens on Sunday.

Game 5 is Tuesday night in Montreal, with the Rangers looking to put the Canadiens to the sword for a third straight game at the Bell Centre.

Game 4	
2	3
Canadiens	Rangers

The victory, which gave the Rangers a 3-1 lead in the Eastern Conference final, marked the first time the home side had won in the series.

Benoit Pouliot was penalized 30 seconds into OT for holding the stick but the Rangers killed it off. Henrik Lundqvist had to be sharp as the Habs threw pucks at the net.

But the Rangers steadied the ship and St. Louis, who had been buzzing all night, snapped home a shot from the faceoff circle that beat Dustin Tokarski.

Carl Hagelin and Derick Brassard also scored for the Rangers, both on breakaways generated by stretch passes.

Francis Bouillon and P.K. Subban — who played 30:35 in regulation time — scored for Montreal, which came from behind twice.

The Rangers outshot the Canadiens 26-24 in regulation. Montreal had a 5-3 edge in overtime.

THE ASSOCIATED PRESS

NBA. Ibaka returns, Thunder strike



Serge Ibaka, left, and Kevin Durant of the Oklahoma City Thunder celebrate late in the second half against the San Antonio Spurs during Game 3 of the Western Conference Finals on Sunday in Oklahoma City. RONALD MARTINEZ/GETTY IMAGES

Serge Ibaka scored 15 points in a dramatic return from what was thought to be a season-ending left-calf strain to help the Oklahoma City Thunder beat the San Antonio Spurs 106-97 on Sunday night in Game 3 of the Western Conference finals.

Russell Westbrook had 26 points, eight rebounds and seven assists, and Kevin Durant added 25 points and 10 rebounds to help the Thunder cut the Spurs' lead in the series to 2-1.

Manu Ginobili scored 23 points and Tim Duncan added 16 points and eight rebounds for the Spurs.

THE ASSOCIATED PRESS

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Blue Jays outfielders Melky Cabrera, left, Anthony Gose and Jose Bautista mark their 3-1 win over the Athletics on Sunday in Toronto with a celebratory dance. NATHAN DENETTE/THE CANADIAN PRESS

How sweep it is: Jays break out brooms

MLB. AL East leaders break out brooms vs. A's, win sixth straight

Left-hander J.A. Happ pitched seven scoreless innings and Edwin Encarnacion homered as the Toronto Blue Jays defeated the Oakland Athletics 3-1 on Sunday to extend their winning streak to a season-best six games.

The Blue Jays (29-22) have won 16 of their past 21 games to occupy first place in the American League East. The Athletics (30-20), who lead the AL West, have lost four in a row.

On Sunday

3	1
Blue Jays	Athletics

Happ (4-1) allowed four hits and three walks while striking out seven in his longest outing of the season.

Dustin McGowan replaced Happ in the eighth and allowed Josh Donaldson's 11th homer of the season. Casey Janssen pitched the ninth inning to earn his seventh save in as many tries this season.

A's left-hander Drew Pomeranz (4-2) allowed five hits, four walks and two runs in four-plus innings.

The Blue Jays did not have a hit until Encarnacion homered to left on a 2-2 fastball with one out in the fourth. It was his 14th of the year and the 12th of the month, tying him with Jose Bautista for the team record for homers in May. The run also snapped a string of 18 consecutive runless innings for Pomeranz.

Reyes finished the game with three steals, tying a career best for the shortstop, who has done it eight times.

THE CANADIAN PRESS

Roland Garros

Raonic starts French Open with a victory

Canadian Milos Raonic won his opening match at the French Open on Sunday as he beat Australian wildcard Nick Kyrgios 6-3, 7-6, 6-3 to reach the second round.

The eighth seed from Thornhill, Ont., needed exactly two hours to advance against one of the game's rising young stars. He beat an Australian opponent for the first time at a Grand Slam after losing to Carsten Ball at the 2010 U.S. Open and Lleyton Hewitt at the 2012 Australian Open. THE CANADIAN PRESS



Hunter-Reay edges Castroneves

Ryan Hunter-Reay cools off with the traditional bottle of milk after winning the Indianapolis 500 on Sunday. Hunter-Reay passed Helio Castroneves on the final lap to deny the Brazilian a record fourth Indy 500 win and became the first American since 2006 to win "The Greatest Spectacle in Racing." Scan the image for a gallery of the 98th running of the 500-mile race. JONATHAN FERREY/GETTY IMAGES

Horoscopes

♈ Aries
March 21 - April 20
This should be one of the most enjoyable times of the year but if you want it to be really special, be more optimistic. A lot will depend on your state of mind. It creates your reality.

♉ Taurus
April 21 - May 21
The moment you start seeing yourself as a victim is the moment you lose. No matter what others may be saying and doing you are master of your fate. Think like a winner again.

♊ Gemini
May 22 - June 21
For some time now you have been doing too many things for too many people and hardly anything for yourself. That must change. Start putting your own needs first this week.

♋ Cancer
June 22 - July 23
Impulse buying could be a problem over the next few days, so keep a tight hold on your cash and credit cards and make sure you can return anything you buy later.

♌ Leo
July 24 - Aug. 23
There is so much you want to do in life but you are beginning to wonder if time and opportunity have passed you by. No they have not. It's not really about time, it's about motivation. What can you do now, this very minute? Do it!

♍ Virgo
Aug. 24 - Sept. 23
People in positions of power will make demands of you over the next few days that you may find hard to meet. Stay calm and keep your mind free of fear. Always think logically and always act quickly.

♎ Libra
Sept. 24 - Oct. 23
Things that have been hidden from you in recent weeks and months will be revealed over the next few days. Try not to dwell on the many little things that make up your life. Only the big picture matters now.

♏ Scorpio
Oct. 24 - Nov. 22
What is the most important factor in success? It's knowing what you want. If you still don't know what you are aiming to do with your life, you must give it some thought this week.

♐ Sagittarius
Nov. 23 - Dec. 21
The most important thing over the next few days is that you don't give anyone the authority to make decisions on your behalf. Stay in control of your destiny because everything else depends on that.

♑ Capricorn
Dec. 22 - Jan. 20
If you feel run down as the new week begins that's a sure sign you have been overdoing it. Put your wellbeing first and don't worry that you might fall behind. You're still well ahead.

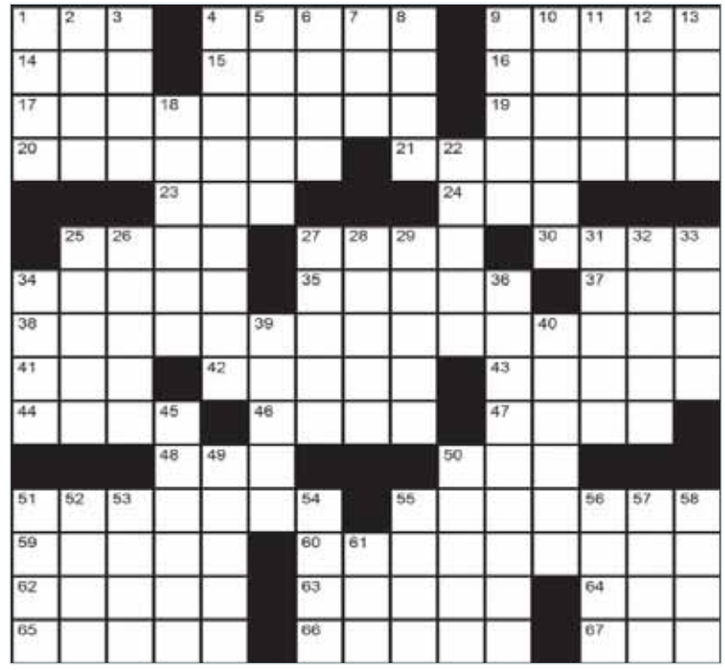
♒ Aquarius
Jan. 21 - Feb. 19
You will take great strides over the next few days but where to? You have so many options open to you now but you need to choose one and stick with it.

♓ Pisces
Feb. 20 - March 20
You are carrying a load at the moment and need to find someone who can help take the strain. The good news is there are people you have done favours for who would like nothing better than to return the compliment. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



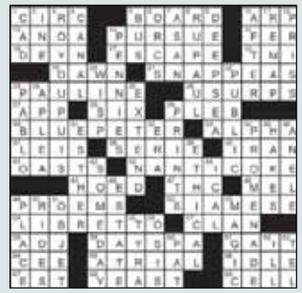
Across

1. Letters-in-a-row
4. Charles Dickens novel, __ House
9. Actor Jimmy
14. Some vowels
15. Big Wreck's "The __ (__ Luck Is Wasted)"
16. Army academy attendee
17. Edmonton: LRT Service = ___ Transit
19. Canadian doctor, the 'Father of Modern Medicine', William __ (b.1849 - d.1919)
20. Bird: French
21. Stratford, ON born single-named songstress
23. 'Meth' suffix
24. Depleted
25. Bell town in a Longfellow poem
27. Winter reminder in the garage
30. Large amount
34. Cartoons voicer Mel
35. Music chord type
37. "The Simpsons" character
38. Sitcom starring Barbara Eden: 4 wds.
41. Become
42. __-ovo vegetarian
43. Just starting something out: 2 wds.
44. Iron and Lead
46. Vodka brand
47. Farm team
48. Founded, briefly
50. Caf' serving
51. Remove, as a necklace
55. Painter Mr. Monet's
59. Map items
60. Alternative medicine practitioner
62. Cultural standards
63. __ Lama
64. 'Serpent' suffix
65. James' role in "The Godfather" (1972)
66. Bagpipes sound
67. Tree's 'liquid'

Down

1. __ Alto, California
2. Prince Harry's grandmother, briefly
3. Cheats
4. St. Albert, AB, 'The __ Arts City'
5. Johnny __ (John Candy "SCTV" character)
6. Internet-sent transmission
7. Pierre's pal
8. Mr. MacLachlan
9. Director Ridley
10. Pulverizes potatoes
11. Still
12. Golfer, when at the golf peg, say
13. Houston baseball player, informally
18. Explorer-to-Canada, Samuel __ (b.1745 - d.1792)
22. Ms. Frost, Jude Law's ex-wife
25. Tree type
26. __ au sucre (Quebec dessert 'sugar pie', in French)
27. Toronto __ Exchange
28. Elevated
29. Savour
31. "__ __ talk?" (Joan Rivers' classic catchphrase)
32. Concerning bees
33. Two singers/One song
34. The ___ (Nickname of Montreal's 1976 Summer Olympics stadium)
36. Canadian-invented product in the pantry: 2 wds.
39. Boat poles
40. TV: "After the break...": 2 wds.
45. "Cityline" guest expert, Kimberley __ (Interior Designer)
49. Cheeky
50. Cloudiness of vision
51. Scottish musician Midge's
52. Say __ __ (Refuse)
53. Lyricist Sammy
54. High degs.
55. Gladiator's 951
56. Podium
57. Cirneco dell'__ (Dog breed)
58. Elvis dog song: "Old __"
61. Acorned tree

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5		9					
		3		5				6
		7		8	2	1	5	
		4						9
	2	9		6		5	4	
1						6		
	1	6	3	7		2		
7				9		3		
					4		9	

Yesterday's Sudoku

3	5	9	2	7	1	6	4	8
1	4	7	6	9	8	2	3	5
8	2	6	3	5	4	1	9	7
2	1	8	9	6	7	3	5	4
5	9	4	1	8	3	7	6	2
7	6	3	5	4	2	9	8	1
6	3	2	4	1	5	8	7	9
4	7	1	8	3	9	5	2	6
9	8	5	7	2	6	4	1	3



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